

## **Flexibility in Physical Education**

Flexibility was granted by the State Board in all content areas including PE. To find out about the new flexibility for granting credit go to the State Board Memo at [http://www.doe.in.gov/stateboard/docs/waivers\\_and\\_rulemaking\\_020609.pdf](http://www.doe.in.gov/stateboard/docs/waivers_and_rulemaking_020609.pdf).

A further clarification memo was sent to Superintendents in March 2009. It is at <http://www.doe.in.gov/super/2009/03-March/032009/documents/MicrosoftWord-09StateBoardRuleChanges3-20-08.pdf>.

A video explaining the changes is at <http://media.doe.in.gov/sbe/2009-04-27-SBRules.html>.

As far as issuing PE credit via participation in interscholastic athletics, when the State Board of Education made several rule changes, including the definition of credit, the intent was to allow schools more flexibility in working with students and engaging them in challenging content. Students must still meet the standards at <http://dc.doe.in.gov/Standards/AcademicStandards/PrintLibrary/physed.shtml> under the existing course titles and descriptions which are at <http://www.doe.in.gov/publications/courses.html> but the physical education teacher could develop an independent learning course that would encompass standards met through participation in marching band, athletics as well as other experiences.

The PE teacher must still grant the credit. Keep in mind that course descriptions for PE I and II state that the course should 'provide students with opportunities to actively participate in at least FOUR of the following: team sports; dual sport activities, individual physical activities; outdoor pursuits; self-defense and martial arts; aquatics; gymnastics; and dance.' Participating in only ONE sport would NOT seem to meet the intent of the course description. This would especially be the case if a student participated in one sport for PE I and then wanted to use it again for PE II.

In the memo cited at <http://www.doe.in.gov/super/2009/03-March/032009/documents/MicrosoftWord-09StateBoardRuleChanges3-20-08.pdf> it states that the waiver related to the definition of credit is "immediately available to Indiana schools with no need to submit an application or waiver request". This is the flexibility that allows schools to award credit based on meeting the standards. It is up to the school that decides to award credit based on demonstration of proficiency to develop a formal policy...a definition of proficiency and a rubric that defines the level of performance that meets the definition for each course for which credit will be awarded in this manner. The guidelines for how to measure if standards are being adequately met is a local decision just as the curriculum is locally determined.

The PE teacher grants the credit and should either work with the 'teachers who sponsor activities' or identify activities that demonstrate mastery of the standards themselves since the other teachers may not be licensed in PE. The PE teacher would be the teacher of record who would

be responsible for insuring that PE standards were addressed and for assessment. If athletics was a part of the course, the coach would be a facilitator. The facilitator would implement the course requirements identified by the PE teacher. They would then provide the documentation to the PE teacher who would then award the credit.

Additional questions related to physical education:

**1. If participation in one sport (i.e. cross country or golf) does not meet all the PE standards can credit be given?**

No, students must meet the physical education standards in order for credit to be awarded by a teacher licensed in physical education.

**2. Is golf season (5 weeks) equal to basketball season (4 months) in terms of credit awarded?**

Since credit would be granted based on mastery of the physical education standards, the length of the season should not be an issue. Likewise, if the student needed time beyond the regular season, the physical education teacher or facilitator (coach) could continue to work with the student until the standards were met.

**3. If a student is injured on the sport and can't participate is credit still given?**

If the student is injured and is not able to participate, it may still be possible for the physical education teacher to work with the facilitator (coach) to develop an adapted program that would allow the student to complete the standards within their physical limitations.

Students must meet the standards in order for credit to be awarded.

**4. Does the student have to letter to get credit?**

Credit is related to a student meeting the physical education standards and not to 'lettering' in a sport unless those criteria are part of the program for meeting the standards.

**5. Can PE I, PE II, and Elective PE be pass/fail courses?**

It is NOT recommended that physical education classes be a pass/fail option since PE I & II are required courses and must be factored into GPA calculations for both the GQE waiver and financial aid. For Elective PE, the State Board policy is no P/F grades for courses that count for the Core 40 or Honors diploma. Elective PE could be P/F if used as an elective for the General Diploma---but only if not counted in the GQE waiver calculation. Beginning with 2010 graduates, 10 elective credits are counted with the GQE waiver calculation so Elective PE could not be counted there if P/F. It is recommended that a grade be assigned for all physical education classes.

**6. Can current students be issued credit for HS athletic participation in previous years or does it begin next year?**

In the state board memo it states that the waiver related to the definition of credit is "immediately available to Indiana schools with no need to submit an application or waiver request". This is the flexibility that allows schools to award credit based on meeting the standards. It is up to the school that decides to award credit based on demonstration of proficiency to develop a formal policy...a definition of proficiency and a rubric that defines the level of performance that meets the definition for each course for which credit will be awarded in this manner.

**7. What guidelines does the IDOE have as to how to measure if standards are being adequately met?**

That is a local decision just as the curriculum is locally determined.

**8. How is a grade issued since grades are required for Core 40 and AHD diplomas?**

The PE teacher grants the credit and should either work with the 'teachers who sponsor activities' or identify activities that demonstrate mastery of the standards themselves since the other teachers may not be licensed in PE. A rubric would be helpful. The PE teacher would be the teacher of record who would be responsible for insuring that PE standards were addressed and for assessment. If athletics was a part of the course, the coach would be a facilitator. The facilitator would implement the course requirements identified by the PE teacher. They would then provide the documentation to the PE teacher who would then award the credit.

**9. Why are the Physical Education standards important?**

They reflect what students should know and be able to do at each grade level. The goal is to have a physically educated person who is able to maintain appropriate levels of cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition necessary for a healthy and productive life. Through a variety of instructional strategies, students practice skills that demonstrate motor skills, movement concepts, strategies and tactics. Regular participation helps them achieve a health enhancing level of physical fitness. It also promotes responsible personal and social behavior and allows for enjoyment, self-expression and social interaction. In the course description for high school both swimming and martial arts are identified as areas appropriate for study. The description actually states that it “focuses on instructional strategies through a planned, sequential, and comprehensive physical education curriculum which proves students with opportunities to actively participate in at least four of the following: team sports; dual sport activities; individual physical activities; outdoor pursuits; self-defense and martial arts; aquatics; gymnastics; and dance, all which are within the framework of lifetime physical activities and fitness.” From this guidance, schools set their own curriculum to meet the standards.

**10. Should a lifeguard be on duty for swimming classes?**

Yes, since a teacher's attention may get pulled away from the whole group when instructing an individual or small group, a lifeguard should be on duty. The ratio for lifeguard to number of swimmers is part of the Swimming Pool rule from the Indiana State Department of Health.

**11. Is swimming required?**

The state sets the course titles, descriptions and standards but the local school corporation

sets curriculum. The course description for PHYSICAL EDUCATION I (L) states:  
“Physical Education I focuses on instructional strategies through a planned, sequential, and comprehensive physical education curriculum which provide students with opportunities to actively participate in at least four of the following: team sports; dual sport activities; individual physical activities; outdoor pursuits; self-defense and martial arts; *aquatics*; gymnastics; and dance, all which are within the framework of lifetime physical activities and fitness.”

You will note that ‘aquatics’ is listed as one of the activities a school could use in their curriculum so whether it is required is a local decision.